

Tentative Agenda for all Workshop Locations

**Physical Education & Wellness Workshop
Elementary School Grades Agenda
(Tour de Fitness)**

8:00 – 8:15 Registration for all K-12 Teachers

8:15 -9:00 Welcome & Guest Speakers

Elementary Teachers will go to gymnasium for 20 minutes activity rotations

9:15 -9:35 Station #1 Cardio Exercises for Elementary School children

9:35 -9:55 Station #2 Proper Uses of Pedometers and its Benefits

9:55 -10:15 Station #3 Integrated Learning in Elementary Schools

10:15 -10:35 Station #4 Merging Tobacco Control Facts with Health & P.E. Curriculums

10:35 –10:55 Station #5 Smart Bodies Fitness & Nutrition Program
Own Your Own Health Tracking

11:00 –12:00 Lunch is Served! Cafeteria –Nutritious Lunch

12:00 –12:30 Motor Fitness Obstacle Courses

12:30 – 3:00 Best Practices for Physical Education

12:30-1:00 P.E. Conventional Games

1:00-1:20 Rhythmic Motor Skill Activities

1:20-1:40 Hurdling & More

1:40-2:00 Basic Instruction for Multi-cultural Dancing

2:00-2:45 Activities for Small Spaces

2:45-3:00 Review, Wrap-up, Evaluation

Parishes Workshop Locations

August 2, 2016

Catholic Educators Gathering, Baton Rouge River Center: “Embracing the Future Through Rigor and Relevance”

Topic: Infusing Fitness Throughout the Lesson

Clinicians: JiJi Jonas, NBCT, LAHPERD Teacher of the Year

Adele Davis, NBCT

Christina Courtney, NBCT, LAHPERD Elementary Teacher of the Year 2016

August 12, 2016

Caddo Parish Physical Education Teacher In-Service

Topic: “Warm Up, Lesson Core, and Cool Down Fitness Focused Activities”

Clinicians: Kathy Hill, Governors Council for Physical Fitness and Sports

JiJi Jonas, NBCT, LAHPERD Teacher of the Year

Christina Courtney, NBCT, LAHPERD Elementary Teacher of the Year 2016

October 10, 2016 LAHPERD Statewide Physical Education Workshop

Topic: Opening the Potential: The Online Physical Education Network

Clinicians: Brian Devore, 2014 Southern District SHAPE Teacher of the Year from Cobb County School District, Georgia

Tour de Fitness team: Kathy Hill, Adele Davis, Christina Courtney, Carrie Chandler